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Photo By: JO1 Carmichael Yopez



Chaplain Robert Church and MASN Alonzo Anderson cut the cake at the Navy Ball. Chaplain Church has the longest service time and Anderson has the shortest.

NAF celebrates 229th Navy Ball

Charger Cheerleaders help NAF El Centro with Great American Smokeout

By JO2 Jeannette Bowles
Editor

On Oct. 19, Branch Medical Clinic El Centro did something that had never been done before in the history of the base. It held a Health Fair to not only educate the NAF community on the dangers of smoking and chewing tobacco but also to promote quitting smoking. While this could have been an ordinary Health Fair, the organizers of the event made sure theirs was extra

special.

"We wanted to figure out a way, especially with us being so isolated out here, to get the attraction of people to come in and really see what the meaning of our promotional event was about," said HM1(FMF) Michael Murray, the clinic's health promotions coordinator and organizer of the event. "People aren't going to want to come to learn about just quitting smoking.

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HM1 (FMF) Michael Murray and HM2 Mustafa Joseph from Branch Medical coordinated the Smokeout Health Fair featuring some of the San Diego Charger Cheerleaders.



Photo By: JO2 Jeannette Bowles

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Cars that hop as
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The Five vector model; today's Sailor

By NC1 Pamela Jensen

Command Career Counselor

The Five Vector Model (SVM) is a career road map and resume that precisely maps and measures an individual's career and identifies learning resources that lead to achieving career milestones. It allows Sailors to identify different career paths and measure how they rate against their peers. It allows them to apply for educational opportunities and future duty assignments. The continuum addresses professional, personal development, professional military education, leadership, certifications and qualifications and performance as Sailors move through the Recruit, Apprentice, Journeyman, and Master career levels.

What are the five vectors? They are Professional Development, Personal Development, Leadership, Certifications/Qualifications and Performance. Each vector represents an area of concentration which, when combined, results in the "whole Sailor" approach to personal and professional development throughout the career.

For more information, please see your command or departmental career counselor or go to <https://www.nko.navy.mil/>.



Lending an educational hand in the community

By JO2 Jeannette Bowles

Editor

The Partnership for Education Program is more than just an opportunity to volunteer. It's also an opportunity to give something back to the community. As the new school year continues, the First Class Association is asking Sailors to contribute to the program's success.

"This is a program where Sailors assist youth with their homework," said AG1(AW/SW) Gerald Maxwell, one of the organizers of the program. "It also gives them an opportunity to meet and learn more



MA2 Jennifer Carlson helps students solve problems.

about the military."

The program will run every Wednesday

and Thursday from November to May. Ben Hulse Elementary was chosen again.

"We are just continuing with last year's success," said Maxwell. "This is a good way to show the community we support more than just our own."

According to Maxwell, the tutoring sessions are divided into two groups: Kindergarten through Third Grade and Fourth Grade through Sixth Grade.

"I hope volunteers learn to appreciate the local school system," said Maxwell. "And the knowledge that today's children have to offer for the future."

The children are the ones who benefit the most, Maxwell said, and credits the volunteers and teachers for last year's success.

"Thanks to the volunteers, this is a win-win program," said Maxwell. "It helps out schools that are undermanned and allows the children to have interaction with others in their community."

If you are interested in volunteering for the program call AG1 Maxwell at 339-2334, or send him an e-mail at gerald.maxwell@navy.mil.

It's open to everyone and it is a great opportunity to show your military pride.

The Sandpaper is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.

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Navy Smokeout

Continued on pg. 3

If you get them in there and get their interest sparked by something else first, then you can corner them after and get them to see the displays we had out there."

So, among the displays about the effects and dangers of smoking and the pamphlets on various smoking topics, were six San Diego Charger Cheerleaders who came out to help promote the event. Murray said when he used to work at Camp Pendleton he did a similar event with the cheerleaders and still had contacts.

"Just by chance one of the girls I knew from back then was still working there," said Murray. "I emailed her and said hey what do you think and she said let's hook it up."

Murray said the cheerleaders normally would charge a fee for events, but for the fair they came for free

"They came because it was a health promotion kind of deal and they're all about that kind of thing," said Murray. "They also came because we're a military population. So they came and did it out of the kindness of their hearts. Each one of them is either going

full time to college or has a full time job so they actually took time away from their personal lives to come out."

During the event the cheerleaders signed their free team photo cards for those who stopped by and also sold their 2005 Charger Girls calendar.

"We came because it's a great cause," said Ashley, one of the Chargers' cheerleaders. "It was also an opportunity for us to meet new people and to travel."

Ashley said all the money made from the sale of their calendars would go to support the Susan G. Kohlman Breast Cancer Foundation.

Murray and his co-coordinator HM2 Mustafa Joseph, who is a Tobacco Cessation Facilitator at Branch Medical Clinic El Centro spent three months planning the event.

"November is the month for Great American Smokeout worldwide," said Murray. "But due to operational commitments out here we did ours this month."

According to HM2 Salvador Vallebo, a Tobacco Cessation Facilitator at Naval Medical Center San Diego who came down for the event, the Great American



HM2 Mustafa Joseph demonstrates how the lungs of a tobacco user look like compared to a non smoker.

Smokeout is one day they try to get smokers and chewers to stop using tobacco.

"This is a big event," said Vallebo. "If you're ready to quit, it's just getting over that three-day hump. I usually tell people that it takes four to seven times to quit. You weren't born using tobacco so you can unlearn these behaviors."

Joseph said the goal of the event was to promote a healthy living.

"Smoking affects readiness and PRT standards," said Joseph. "So we set up various props that talked about tobacco usage. We had some actual physical displays that talked about gum disease, etc. We had a model that exemplified emphysema, one of the major diseases of life from tobacco usage."

Murray said about 60 people attended the event.

"Sixty doesn't seem like a whole big number but when you put it in reference to the number of people we have on this base it was a lot," said Murray. "And that's just coming to the event itself. When we took the girls [cheerleaders] out to the different units we had more people come and ask us questions. So overall we had over 100 people."

During the event the Chiefs sold Polish sausages, chips, and soda

to raise money for the Chief Petty Officer's Association.

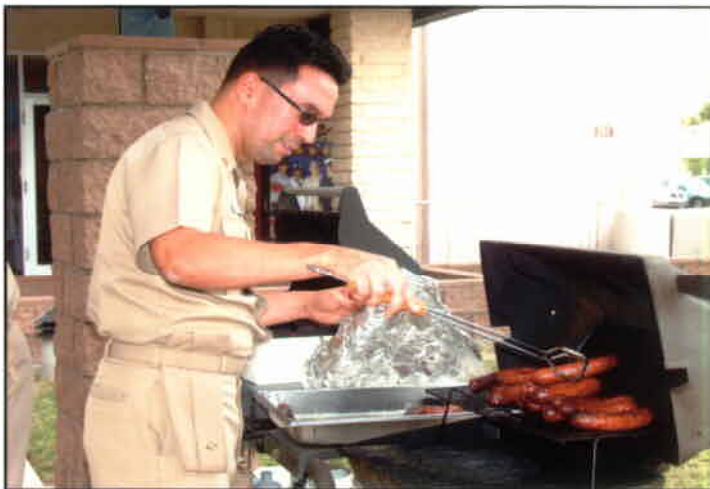
Overall, Murray said he was pleased about how the event turned out.

"This was about the medical department for the base," said Murray. "It was a team effort. HM2 Joseph was a huge help. He was my right-hand man throughout the entire thing."

Murray said Naval Medical Center San Diego, who is their center command, was impressed by the event.

"They have a huge Health Promotions Department down there," said Murray. "And what was really neat was they said in the history of them down there, they have never seen an event like this done. We combined what we did, bringing in the cheerleaders and putting out the information as we had people trickling in. They're actually going to take ideas that we had back to their command and they're going to incorporate the ideas to get people to come out to their promotions."

For those who would like to quit smoking, Branch Medical Clinic El Centro offers Tobacco Cessation classes. It's a four-week class Wednesdays at 10 a.m. For more information or to sign up call HM2 Joseph at extension 2674.



Photos By: JO2 Jeannette Bowles

ACC Stephen Ruiz turns Polish sausages during the Chief's fund raising event held in conjunction with medical's Great American Smokeout.



NAF El Centro donates \$2,700 to hurricane relief

By JO2 Jeannette Bowles

Editor

Their names will never be known, but their generous spirits will be remembered and appreciated by those in a community almost 1,900 miles away. In October, the NAF El Centro community came together to help provide monetary relief to the residents of Naval Air Station Pensacola, Fla., who were impacted by Hurricane Ivan in September.

"We heard about some of the damage that had happened in the Pensacola area through some unofficial channels," said Chaplain Robert Church, NAF's Command Chaplain. "We had gotten some emails from other Chaplains talking about what had happened, the devastation for their Sailors personally and also how it was hitting the command."

Church said he contacted the regional Chaplain to find out if the Chaplain Corps itself was doing anything to help out. Within a couple of days he found out that the Corps had authorized a fund drive through the Navy/Marine Corps Relief Society (NMCRS). Church said the funds collected would directly be designated for hurricane relief aid, principally in the Pensacola area.

"We decided to take it on and see what we could do," said Church.

Over a three-week period, the Chaplain's department worked with the NMCRS on base to coordinate a fund drive that would eventually raise \$2,700 for the hurricane victims.

"The big thing was letting the people know," said Church. "So we contacted department heads at the department head meeting and sent out a base-wide email, for both military and civilians telling them that if they wanted to contribute to the drive they could drop off a check to the Chaplain's department or send it directly to the NMCRS. We talked it up to both our Protestant and Catholic Chapel communities on Sunday morning for two Sundays in a row."

Church said all of the offerings that were brought in on those Sunday mornings went directly to the hurricane relief fund.

The generous spirit for the fund drive also extended outside the base.

"The Skipper [Capt. Paul Ziegler, NAF's Commanding Officer] mentioned the hurricane relief fund drive at a Navy League dinner in October," said Church. "Shortly



Photo By: JO1 Carmichael Yépez

Don Lambe (Right), treasurer of the Imperial Valley Navy League, gives a check for \$1,000 to NAF El Centro's Hurricane Relief Fund Drive. BU1 Elton Oliphant was the Navy Relief Fund Drive coordinator this year.

after that, the Navy League [in Imperial] came through with \$1,000 which was phenomenal. We did not expect that at all. That says a lot for the connections with Navy League with the base. They are a wonderful group of people."

On base, Church said they had several individuals in the command who contributed \$100 each and some who contributed even more than that.

"We had some extremely generous individuals who stepped up to the plate," Church said. "I think this little bitty base in the desert did a phenomenal job in responding to this."

Church said he thinks partly why people donated was because of the aviation nature of El Centro and Pensacola.

"A lot of people on this base have been stationed at Pensacola, been through there, or have friends who are stationed there," said Church. "So I think there was a real tie through the aviation community."

Church said the aviation tie, however, wasn't the only reason.

"One thing I've noticed about this base in the two years that I've been here is this base is very inclined to help out both locally in the community and obviously farther than

that," said Church.

On Oct. 20, RP2(SW) Leslie Williams and ETC(SW) Dianna Swansey, NMCRS caseworkers onboard NAF, took the \$2,700 in donations to San Diego and presented the money during a NMCRS awards dinner.

While Church said he hopes he doesn't have to do a fund drive like this one again any time soon, he thought it was a good cooperation between the NMCRS on base and the Chaplain's department.

"We are not connected in any way," said Church. "It just happens that RP2 Williams is a NMCRS volunteer. So we have no connections to NMCRS ourselves, but I really appreciated the way we were able to work with the organization to make this happen."

Church said he would like to thank all those who donated to the fund drive.

"It speaks well for them," Church said. "It says something about their character because this isn't one of those things where everybody's name gets in the paper, they don't get a plaque, nobody will know how much they gave or anything. So for some of them to really go above and beyond what would normally be expected says something about them as people, their generous hearts."



Sailors enter vehicles in local 12th annual car show

By J01 Carmichael Yopez
Editor

They spent more than 15 hours waxing and polishing their cars the night before. Their vehicles had to look impeccable for the following day they would be displayed as entries in the La Gente's 12th Annual car show at the Imperial Expo Fairgrounds on Saturday October 23rd.

If you can picture cars that can dance, that is what some of the cars at the show could do. They would rise up the front end, drop down one tire and drop to the ground. Hydraulics and air bags was the name of the game. Especially when it came to the car-hopping contest where cars could hop their front ends as much as nine feet in the air until the cars would stand on their trunks. The show featured an array of cars with candy apple reds, greens and cars with elaborate painted murals and patterns.

"My car is a 1966 Impala Super Sport that is customized as a low rider," said ITC Jon McPherson. "I've built all kinds



Photos By: J01 Carmichael Yopez



Left: ITC Jon McPherson and Ruben Hernandez display the 2nd place trophy they won in the mild custom category. Bottom left: AMAN Jesse Williams stands next to his '71 Chevy truck during the La Gente car show at the Imperial Expo fair grounds.



custom 1965 to 1969 cars.

"I spent a lot of time prepping the car for the show," said McPherson and it all paid off. Another Sailor who entered his vehicle was AMAN Jesse Williams from Operations. He entered his 1971 Chevy Pickup.

"This was my first time entering a car show," said Williams. "I didn't know what to expect since my car really didn't fit with the rest, but overall it was a fun experience. I especially enjoyed watching the hopping contest. I thought that was really cool."

of cars and this is one of my first ones."

When McPherson first entered the show he didn't think

he had a chance of winning anything, but was surprised when he ended up with a second place trophy in the category for mild

MWR employee receives shining star

By J02 Jeannette Bowles
Editor

There is a shining star at NAF El Centro's MWR and his name is Joseph Cole. Cole, who is the lead recreational aide at the Fitness Center, was recently selected as Command Navy Region Southwest (CNRSW) Star Service Employee of the Month for September 2004.

"I'm ecstatic," said Cole. "It's kind of something you

think couldn't happen to you."

The award is part of CNRSW's Star Service Rewards Program. The program was established to recognize and reward MWR employees for outstanding performance and for providing extraordinary customer service to internal and/or external customers.

"He's great and has a "can-do" team attitude," said MWR Director Jack Lewis.

"He is an excellent customer service representative who gets the job done."

Cole received a Star Gift Basket worth approximately \$350, which includes a \$100 gift certificate for the Westfield Shopping Mall, \$50 in MWR gift certificates, a Letter of Appreciation, and other items.

"It's an honor to be nominated," said Cole. "It feels very nice to be appreciated for what I do."

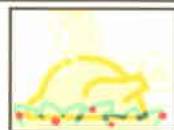


Photo By: J02 Jeannette Bowles



SPECIAL THANKSGIVING MEAL

All Military, Retirees and Dependents are invited
Call for reservations at 339-2654
Cost is \$5.40



November 25
from 2 - 5 p.m.
at the Base Galley



NAF El Centro celebrates 229th Navy Birthday Ball

By JO1 Carmichael Yopez
Editor

It was like a scene out of a fairy tale movie on Saturday October 16 when NAF El Centro celebrated the 229th Navy Ball at the Mirage Club on base.

The only thing missing was Cinderella's carriage pulled by little mice turned into elegant stallions. Nevertheless, the clock started ticking at 6 p.m. as guests arrived in elegant gowns and Sailors in their sharpest uniform.

"I must say that I have been to many Navy Balls, not all 229 like was said at the ball, but quite a few of them and by far this has been the most enjoyable," said Command Master Chief, Brian Bowman.

"I was very impressed," said NC1 Pamela Jensen. "The banquet room was decorated fantabulous."

At 7 p.m., the master of ceremonies, Master Chief

Bowman initiated the ceremony when he ordered the color guard to present colors followed by some words by Commanding Officer, CAPT Paul Ziegler.

Before the dancing commenced, Ensign Jerry Kao, who headed this year's Navy Ball Committee, presented the first set of prizes.

"When they said the next prize was a gift certificate for Apple Bees, I jokingly told my wife we could use that," said CSC (SW) Jose Lapid. "As soon as I finished saying that, my number was called. We all started laughing."

Chief Lapid wasn't the only winner from the Supply department. Chief Jose Butor and LT Karl Hickman also got lucky.

"I couldn't believe it when we won a second prize," said Hickman. "I jumped up because I was so happy when they called my number. My wife had just



Best smiling couples





won a gift certificate for the exchange and I won a gift certificate to the Chinese Fortune House. The food is really good there."

The efforts of Ensign Kao and the Navy Ball Committee definitely paid off as one couple stated.

"It was well worth it," said HM2 Chad Roberts and his wife Jenna. "It was nice to see everybody dressed up for once. It was well coordinated and the

food was really good."

"I would like to thank the Navy Ball Committee for making this year's Navy Ball a success," said Kao. "Everybody I've talked to had a great time. They enjoyed the food, the atmosphere, the decorations, the music and the food. I would like to congratulate everyone who participated in the car washes, cookouts and other fundraising activities we had. We couldn't have done it without their participation."



Photo Feature by: JOI Carmichael Yopez





Base Theater goes full screen

By JO1 Carmichael Yezpez

Editor

Have you been to the base theater yet? You will be impressed with the new upgrades MWR has recently made.

On Friday October 15, MWR Director Jack Lewis and Commanding Officer CAPT Paul Ziegler inaugurated the remodeled theater with a ribbon cutting ceremony at the base theater.

According to Lewis, the major upgrade was going from 8mm to 35mm movies and a dolby surround sound system.

"Now you can see a full screen," said Lewis. "But the

biggest advantage is that we will be able to see new movies sooner, even before they hit the rental stores."

The upgrade also included a new concession stand inside the theater.

"This is definitely a big improvement," said LT Karl Hickman. "Before, you had to go out of the theater all the way to Cyber Café just to get some popcorn. You would miss out on parts of the movie. Now we don't have to do that. It's just right there."

Another change done was to the movie schedule. Movies will

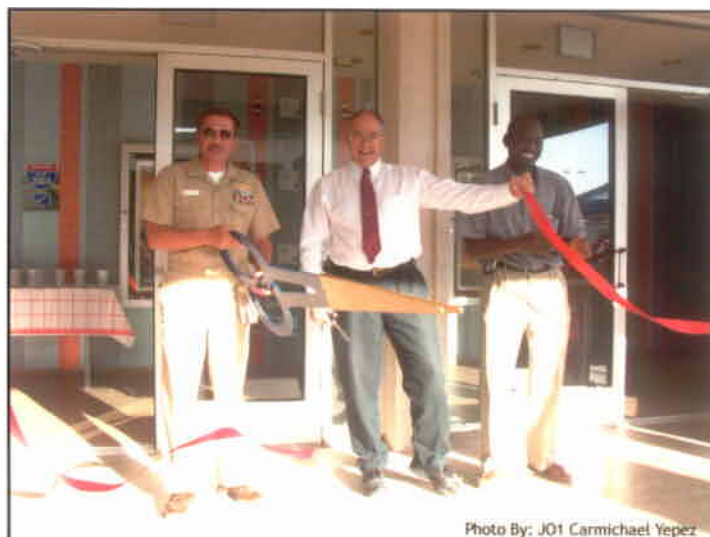


Photo By: JO1 Carmichael Yezpez

CAPT Paul Ziegler, MWR Director, Jack Lewis and Bowling Alley Manager Amadou "Butch" Mbodj cut the ribbon during the opening ceremony.

now be shown four days a week Fridays and Saturdays at 5 and 7 starting Thursdays at 7 p.m., p.m. and Sundays at 2 and 7 p.m.

Ten common sense tips for getting organized

By Dr Lynn Flowers

Family Advocacy Representative

1. Open your mail near a trashcan. Immediately throw away junk mail and other items that you don't need.
2. Get rid of old newspapers and magazines unless there is something important in them that you need. Throw out magazines and newspapers when the next issue arrives.
3. Put a box or a basket near your door for items that need to go out. Include library books, videotapes, and other borrowed items that should be returned. Don't forget to include outgoing mail.
4. Use another box or other container to hold things that need to be put away. Small tools, rolls of tape, and other things can be collected and then put away in the evening.
5. Throw away the junk! Spend a little time every month getting rid of things that you don't use any more. Store the items you'd like to keep and throw out or sell anything that you don't use. This will save time when you move. This will also make your life simpler.
6. Choose specific places to keep items that you need to use every day. Keys, pocketbooks, and anything else that you put down when you get home would be included. This way you will know where to find these things when you need them.



Photo By: JO1 Carmichael Yezpez

7. Set up files to store important papers. Tax information, medical records, insurance records, paid bills, unpaid bills, and contracts should be placed in an easily accessible, but safe location.
8. Each family member can have a designated bin or a small area to keep items that they need. This will make it easier to find homework assignments for kids, and letters for each family member.
9. Make a master phone list and keep it updated. Telephone numbers for friends, family, doctors, work, and school are important to keep on hand.
10. Use a master calendar. The calendar can be either on paper or on a computer. Keep track of appointments, chores, birthdays, anniversaries, and other important activities. For additional information on time management, contact the Fleet and Family Support Office at 339-2241 or check out www.navyonesource.com.

CFC Campaign begins November third

By NC1 Pamela Jensen

Command Career Counselor

Do you know someone whose been affected by cancer, heart disease, Alzheimer's or diabetes? Have you been hungry or in need of help?

"Every One of US" is this year's Combined Federal Campaign (CFC) slogan. The campaign runs from November 3 to December 15. The CFC allows military personnel to donate every year to the charity of their choice.

In November, your departmental CFC representative will contact you with a pledge card and a booklet listing the local, national and international charities you can give to.

Options include animal charities, military/veteran's organizations, family services, civil rights, conservation and more.

Your departmental representatives are: AO2 Matthew Muravez (Weapons), AC2 John Pettigrove (Operations), YN3 Jeffrey Holmes (Admin), OS2 William Yanez, or OS2 Charleston Cobbins (Security), HM1 Damiana Ligeralde (BMC) and AO1 Christopher Morris (STRIKE).

You are just one person, but your donation combined with thousands will make a difference.



No walk in the park for Desert Eagle Sea Cadets

By ABF2 Robert Chiaravallotti
Sea Cadet Instructor

The United States Naval Sea Cadet Corps, Desert Eagle Squadron, participated in their second weekend drill at Naval Air Facility El Centro October 8-10.

For many cadets, the drill was no walk in the park after doing a three-mile strength and endurance run. During the run they had to go through different obstacles either crawling or jumping over them to complete the course. At the same time they had to avoid simulated incoming ordnance attacks and had to carry their wounded back to safety. Their objective was to work as a unit and finish the course together. At the end of the course, the cadets then ran to the barracks, sounding off with their best war cry.

At the barracks, the cadets received a motivational talk about the importance of teamwork.

"A team is only as strong as

its weakest link," their instructors told them. "As a team you must pull together as one."

After the speech, the Desert Eagles gathered in a circle with their hands in the air shouting, "Desert Eagle Squadron, gung-ho, gung-ho, gung-ho! One body, one heart, one soul, and one mind."

Their weekend training included a land navigation class



and a taste of a Meal Ready to Eat (MRE), which the Marines from MCAS Yuma provided. The cadets enjoyed the experience of eating out in the field.

After the quick lunch, the cadets learned about Naval history and why it is important



Photos By: Sea Cadet Commanding Officer Pedro Alaniz

Above, Sea Cadet Instructor ABF2 Robert Chiaravallotti leads the cadets on a three-mile run around the base. Below, the cadets had MREs for lunch donated by MCAS Yuma.

for today's Sailors. When the class was over, the cadets each wrote a report about Naval History. At the end, the Sea Cadet staff voted on the two best reports. The winners were Sea Cadet Pamela Borjon and Sea Cadet Adrian Ludwig, who because of this were guests at this year's Navy Ball.

"It was a great learning opportunity for these two cadets to experience what a Navy Ball is like," said Sea Cadet Corps

Commanding Officer, Pedro Alaniz. "They had a lot of fun."

It was a tough weekend for the cadets, but they met some great objectives. They learned lessons in Naval history, the importance of teamwork and leadership that may someday aid them in tomorrow's Navy.

For more information regarding the Sea Cadet program contact ABF2(AW) Chiaravallotti at extension 2933.

Captain's Cup flag Football

By Andre Turner
JMW

With flag football under way here are the standings for Captain's Cup as of Oct. 19, 2004. Bowling was locked up by KHAKIS and coming in second was WEAPONS. CONS took fourth place. For their efforts KHAKIS got 5 points and WEAPONS received 3 points. KHAKIS locked up third place points (2) and CONS get a point

for fourth.

Racquetball was a three person duel out with CONS finishing in first and BOS taking second. OPS took third place points. With those two events completed here are the standings for Captain's cup.



Photo By: JO1 Carmichael Yopez

- | | |
|-----------|----------|
| 1. KHAKIS | 22pts. |
| 2. CONS | 17.5pts. |
| 3. SFMU | 12pts. |
| 4. WEAOPS | 7.5pts. |
| 5. BOS | 5.5pts |

Flag football kickoff Oct. 12, 2004. They were six preseason

games played that night. Regular season started Oct. 14, at 1700 behind the gym. There are six teams in the league OPS, SECURITY, SFMU, KHAKIS, WEAPONS and defending champs CONS. Games are played every Tuesday and Thursday night at 1700, 1800 and 1900 so come root on your team. Here is my unofficial rankings after watching each team play.

- | |
|-------------|
| 1. SECURITY |
| 2. CONS |
| 3. OPS |
| 4. WEAPONS |
| 5. SFMU |
| 6. KHAKIS |



NAF El Centro K-9 unit provides security for presidential debate

By MA2 Marco Vacca

Security

It has been his most interesting assignment since he arrived here. On Wednesday October 13, along with Katya, NAF El Centro's bomb sniffing dog, MA2 Cory Bankston formed part of the security force providing security for the recent presidential debates that took place in Tempe, Az.

"It was a great experience," said Bankston. "I got to see a whole new side of law enforcement I'd never seen before."

The request for additional K-9 units came after personnel in charge of security realized the complex was bigger than they had planned for.

They only had four dog teams so they asked for help from the surrounding areas. This is how teams from the Border Patrol, Customs, Sheriff's Office and NAF's K-9 unit answered the call.

After meeting with the Secret Service the day prior to the debate, Bankston's first assignment was to clear a three-block perimeter surrounding the debate complex with his dog Katya. The day of the event Bankston provided security for the families of the Presidential nominees while they were backstage.

"I felt very proud at that moment," said Bankston. "I was able to meet Senator John McCain, former N.Y. Mayor Rudy Guillianni and President George Bush's daughters.



Photo By: JO1 Carmichael Yopez

Fall Festival



Photo Feature By JO2 Jeannette Bowles

Trick or Treat, it was an evening filled with games, prizes and goodies at the Fall Festival held at the Youth Center on Saturday October 30.

Spiderman, Tigger, pirates, a lot of little princesses and a whole zoo of little critters showed up at this years event.

"We had a great turnout," said RP2 Leslie Williams. "The children had a lot of fun."



New ASF Graduation Class

By JO2 Jeannette Bowles

Editor

Congratulations to our new Auxiliary Security Force (ASF), class who graduated on Friday October 29.

The 13 new graduates spent two weeks learning use of deadly force, Security Department policies and procedures and proper use and maintenance of a

weapon.

According to ASF Instructor, Sgt. Beau Miller, this is the first time they have six sharp shooters in one class; they normally have two or three.

AO2 Travis Steele was the highest shooter for the class. He received a score of 238.

AT2 Jody Perkins was the Honor Graduate for the class.



Photo By: JO2 Jeannette Bowles



Photos By: JO1 Carmichael Yopez

Attention to Quarters

Quarters was held Thursday October 21st at the base theater where Commanding Officer, CAPT Paul Ziegler presented the following awards.

From left to right:

BU1 Elton Oliphant received

a LOC, MA2 Timothy Cooglar received a LOA, CM2 Philip Benedicto received a LOC, BM3 Michael Valadez received a LOC, AMAN Jesse Williams was selected as Junior Sailor of the Month for the month of September, ACAN Sheldon Barker was selected as Junior Sailor of the

Month for the month of August and Fireman Rowdy Nixon received a 10-year Length of Service Award.

Congratulations to our new Sailors and their families. From left to right front back row:

MASN Tyrone Young (Sec), HM2 Michael Lobes (Med), MA2 Robert Coleman (Sec), and PN2 Dustin Huber (PSD). Front row:

MA1 Jonathan Valdez (Sec),



MASN Alonzo Anderson (Sec), MASN Laura Oslett (Sec) and AO2 Mathew Muravez (Weps).



JO1 Carmichael Yopez says good-bye

By JO1 Carmichael Yopez
Editor

I would normally be saying greetings to you, or perhaps asking you to smile for a picture to take, but the time has come for me to say good-bye.

The November edition of the Sandpaper is my last one as this is my last month here.

I have to say my three years have gone by fast. That is probably because I had a lot of fun doing what I do. I enjoy telling the Navy story and letting everyone know what our Sailors are all about. But most importantly I had a great time, because I am a proud Sailor in the greatest Navy in the world.



Photo By: ITC (SW) Jon McPherson

Whether I am on a ship or a remote location I will always have a good time. Wherever I'm at, or whatever situation I'm in, I always try to find the positive side.

I can't find anything negative to say about El Centro, well

except for those windy days, but besides that it has been great.

One of the most memorable moments that will stay in my mind for the rest of my life will be during morning colors. Raising the flag to the sound of roaring FA/18s soaring into the air

is an awesome feeling. When I raised the flag I could feel the thunder of the jets while the National Anthem was playing in the background. It would almost make me loose a tear.

From here I leave to Bahrain for a year, but JO2 Jeannette Bowles is already here to take my place. Bowles is coming from Keflavik Iceland and is happy to be here because it is close to home.

I leave some good friends, but I know I will soon make some more.

My best wishes to all my friends and to the greatest place on the West Coast.



New Ambulance



Photo By: JO1 Carmichael Yopez

By **JO1 Carmichael Yopez**
Editor

The reason these two corpsman are standing proud is because they are showing off the new ambulance the base clinic recently received.

HM3 Ken Wright, in camouflage, and HM3 Rudy Rios are both glad they finally received the new ambulance, which is outfitted with the latest medical equipment.

"We are all happy with the new ambulance," said Wright. "It's a big improvement and a great morale booster."

According to Rios, they are scheduled to receive another ambulance by the end of the year.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Teen Organized Fun at the Youth Center 5-8 p.m.	2 Teen Organized Fun at the Youth Center 5-8 p.m. Karaoke Night at the Mirage Club 8 p.m.	3 Ladies Night at the Mirage Club 8 p.m. Ext. 2330	4 Captain's Cup Flag Football 5 p.m. Ext. 2482	5 Family bowling every Friday night 6-10 p.m.	6 Cosmic bowling every Saturday night 6-10 p.m.
7	8	9 Karaoke Night @ the Mirage Club 8 p.m.	10 Ladies Night at the Mirage Club 8 p.m. Ext. 2330	11 Cyber Cafe Video Challenge Medal of Honor Ext. 2559	12 Bowling for Turkeys! Get 3 strikes in a row, win a turkey! Ext. 2575 Teen Dance at the Youth Center Ext. 2644	13 Jr. League Bowling Competition 10 a.m.-2 p.m. Ext. 2575
14	15	16 Karaoke Night at the Mirage Club 8 p.m.	17 Ladies Night at the Mirage Club Ext. 2330	18 Comedy Night at the Mirage Club 8 p.m. Ext. 2330	19 Teen Talent Night at the Youth Center 6-8:30 p.m. Ext. 2644	20
21 Champagne Brunch at the Mirage Club 10 a.m.-2 p.m.	22	23 Karaoke Night at the Mirage Club 8 p.m.	24 Turkey Trot 5K Run/Walk 12 p.m. Ext. 2488	25 Thanksgiving Holiday Mirage Club Closed	26 Mirage Club Closed	27
28	29	30 Karaoke Night at the Mirage Club 8 p.m.	Salute to Armed Forces If you are active duty or a veteran, Knotts Berry Farm is offering free admission for you and a guest during their Veterans & Military Tribute beginning November 1st through the 25. Up to six additional tickets may be purchased for dependents for \$7 each.			

How to stay safe during the upcoming holiday season

By **Clara Parrish**
Housing Director

As we get into the winter months with the holidays just around the corner the Housing Office wants to stress the need for safety awareness.

The potential for home fires and accidents are higher during this time of year than any other. Do you as responsible parents have emergency numbers posted by all your phones? Have you taught your children the numbers and trained them about what to do in case of an emergency? If you have

someone babysitting your children do they know the emergency numbers, what to do, and how to reach you? This is extremely important information for you, your children, and babysitter all the time.

Here are a few reminders to help:

1. Holiday lighting is authorized from Thanksgiving Day until the second weekend in January between 5-10 p.m.
2. Lights and decorations must be attached to quarters without causing damage.

3. Check your smoke alarms regularly.
 4. Watch electrical cords on all your lamps and appliances and make sure they are not frayed or have loose connections.
 5. Holiday lighting or appliances should not be left on when no one is home.
 6. Keep your doors and windows locked when you're away from home.
 7. Keep propane valves turned off tight on your barbecue equipment.
 8. Don't overload electrical sockets.
 9. Don't use chairs or tables to stand on when reaching over your head.
 10. If you get a fresh Christmas Tree, remember to keep the trunk in water to prevent it from drying out.
 11. Inspect pre-lit, artificial Christmas trees for defective wiring and bulbs.
- Remember you or a family member can never be replaced. Please be careful and discuss these tips with everyone in your household. If you have any questions call the Housing Office at 339-2920.